

1) Procvičíme rozhovory z minulého pracovního listu – z unitu 31 a poslední strany listu

2) Využijeme trochu pokročilejší materiály (*Navigate Pre-intermediate 2.4 SB and WB*) k procvičování, vč.

Poslechu 3) Homework: p. 15/1,2,3- 4) Homework: Write 2 conversations – asking for and giving directions.

2.4 Speaking and writing

GOALS ■ Ask for and give directions ■ Write text messages

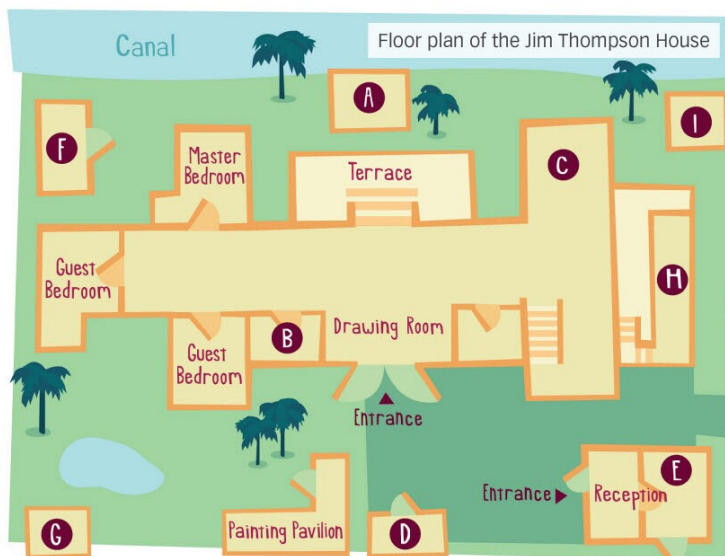
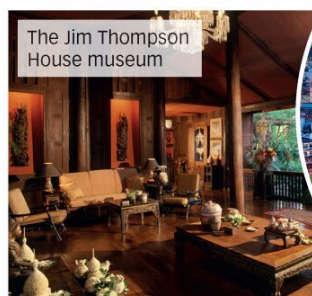
Listening & Speaking asking for and giving directions

- 1 You are going to listen to a tourist asking for directions to a museum in Bangkok. What do you know about the city? Would you like to go there? Why/Why not? Discuss with a partner.
- 2 2.8)) Listen to the tourist asking for directions to the Jim Thompson House and draw the route on the map opposite. Which letter is the house?
- 3a Complete the sentences with the words and phrases in the box.

on the left straight along keep going until second right
takes turn left how to get to that right

- 1 Please could you tell me _____ the Jim Thompson House?
- 2 You go _____ this road.
- 3 You'll see the MBK shopping centre _____.
- 4 Go past that and _____ you reach a crossroads.
- 5 At the crossroads, _____ down Rama 1 Road.
- 6 Take the _____.
- 7 So, it's left at the crossroads? Is _____?
- 8 It _____ about ten minutes.

- b 2.8)) Listen again and check your answers.



- 4a You are going to listen to a conversation between a tourist and a guide at the Jim Thompson House. First put the conversation in the right order.

- a Yes, well, you're on the terrace now, so you need to go through the drawing room and cross the garden. It's in the corner on the left by reception, you know – where you come in.
- b Thank you.
- c Excuse me, is this the right way to the library? 1
- d Yes, that's right. You can't miss it.
- e So I need to go through the drawing room, cross the garden and it's next to reception?

- b 2.9)) Listen and check your answers.
Which letter on the floor plan is the library?

PRONUNCIATION intonation in directions

- 5a 2.10 Listen to these sentences and notice how the speaker's voice goes up and down. Practise saying them in pairs.

- 1 Excuse me, is this the right way to the library?
2 Keep going until you reach the crossroads.

- b 2.11 Listen and repeat these sentences.

- 1 Please could you tell me how to get to the Jim Thompson House?
2 You'll see the shopping centre on the left.
3 You can't miss it.
4 So it's left at the crossroads? Is that right?

- 6 Work with a partner. Take turns to ask each other for directions around the Jim Thompson House. Use the floor plan in exercise 4b and start at reception each time. Student A, turn to page 126. Student B, turn to page 130.

- 7a **TASK** Work with a partner. Practise asking for and giving directions. Choose one of the options below. Student A, turn to page 126. Student B, turn to page 130.

- 1 asking for directions around a company
2 asking for directions around a university
3 asking for directions around Paris

- b Choose a different situation and change roles so you both practise asking for and giving directions. Use the Language for speaking box to help you.

LANGUAGE FOR SPEAKING asking for and giving directions**Asking for directions**

Please could you tell me how to get to ...?

Excuse me, is this the right way to ...?

I'm looking for the ...

Is it far?

Can you show me on the map?

Giving directions

Go straight along/down/past/through ... Cross ...

Keep going until you reach ... Turn left/right.

Take the first right/second left.

Saying where something is

You'll see ... It's the (building) ... on the left/right.

You can't miss it. It's on the ground/first/second/top floor.

Saying how long it takes

It's five minutes' walk from here.

It takes about ten minutes.

Checking understanding

OK, so it's left at the ... then second right?

Is that right?

So I need to go through ...

Writing text messages

- 8 Work in a group and answer the questions.
- Who sends the most texts a day?
 - Are they mostly texts for work or texts to friends?
 - Do you use 'text speak' in your language? If so, how is it different from normal writing?
- 9 Look at the text messages and match the senders to the messages.
- a family b delivery company c friends

1 18 January

RU home yet? Pls could U pick me up now? Sx

Yes, that's fine. Will get there asap Mumx

Thnx!

2 07 March

Hi! Where RU? We're waiting for you in the café just along the road from school. CU soon? Jx

Gr8. Sry I'm late – missed the bus. I'm on my way now. CU soon! Lx

3 31 May

Your order is out for delivery today. To check your order details, please go to www.lander-europe.co.uk and enter 457987200.

- 10 Work with a partner. Cover the Language for writing box and guess what the highlighted abbreviations in the text messages mean. Then check your answers with the box.

LANGUAGE FOR WRITING abbreviations in texts

People sometimes use abbreviations or the short forms of words in text messages. This style is more informal. Here are some common examples:

please = pls are you = RU
see you = CU as soon as possible = asap
you = U thanks = thnx
great = GR8 sorry = sry
x = a kiss after someone's initial
(e.g. Sx = love from Sarah)

- 11 **TASK** With your partner, write texts to each other.
- A Ask Student B if he/she can meet you at the café where you are now.
- B Say yes and ask where the café is.
- A Give directions.
- B Say what you are doing right now and say when you can get to the place.



2.4 Speaking and writing

Speaking asking for and giving directions

1a Put the conversation in the right order 1–7.

- ___ Can you show us on the map?
- ___ Thanks.
- ___ That's right. It takes about ten minutes.
- 1 Please could you tell us how to get to the town hall?
- ___ Yes, here it is. You can't miss it.
- ___ Yes, go straight down here, cross the road at the lights and take the second left.
- ___ OK, so it's down here and second left after the lights?

b 2.4 Listen and check.

2 Choose the correct option to complete the sentences.



- A Erm, I ¹ am looking / look for the canteen.
 B Yes, it's ² on / in the ground floor.
 A Is it ³ far / further?
 B No, not really. It's five minutes' ⁴ walk / walking from here.
 A How do I get there?
 B Go along the corridor, and ⁵ take / turn right at the end. Go down the ⁶ stair / stairs and you'll ⁷ see / watch the canteen in front of you.
 A OK, so ⁸ it's / there's along here, right and down the stairs?
 B That's right.
 A Thanks.

3 Complete the conversation with the phrases in the box.

a lot I need to go ~~is this the right way~~ on the left
 that right the first right through the doors
 until you reach

- A Excuse me, ¹ is this the right way to the bathroom?
 B Yes, keep going ² _____ the double doors. Go ³ _____ and take ⁴ _____.
 A So ⁵ _____ through the double doors and turn right. Is ⁶ _____?
 B Yes. It's the door ⁷ _____.
 A Thanks ⁸ _____.

Writing text messages

4 Rewrite the text messages using abbreviations.

Hi! Where ¹ are you? Am waiting outside cinema. ² See you soon? ³ Love Rachel.

⁴ Great! ⁵ Sorry I'm late. Be there as soon as possible. ⁷ Please could you get tickets? ⁹ Thanks!

Hi! Where ¹ RU? Am waiting outside cinema. ² _____ soon? ³ _____

⁴ _____! ⁵ _____ I'm late. Be there ⁶ _____. ⁷ _____ could ⁸ _____ get tickets? ⁹ _____!

I can ...

	Very well	Quite well	More practice
use phrases with <i>on</i> .	☐	☐	☐
ask for and give directions.	☐	☐	☐
write text messages.	☐	☐	☐

Communication

1.4 All students Exercise 7a

1 Social

Prepare a mini presentation about things you like and don't like doing in your free time. Use the ideas below and your own ideas.

- exercise
- relaxation
- shopping
- housework
- time with other people

2 Academic

Prepare a mini presentation about things you like and don't like about student life. Use the ideas below and your own ideas.

- exams
- early morning lectures
- sitting at a computer all day
- working alone
- working in a library
- writing essays
- food in the college cafeteria

3 Professional

Prepare a mini presentation about things you like and don't like at work. Use the ideas below and your own ideas.

- travelling abroad on business
- early morning meetings
- going to meetings
- wearing a uniform
- working in a team
- sitting at a computer all day
- working at home

2.2 All students Exercise 12a

A person who lives near you	A household object that you can't live without	A place where you often go
A person who stays with you	A possession that you love	A place where you'd like to live
A person who gives you lovely presents	A building that you love	A place where you feel happy

2.4 Student A Exercise 6

- 1 Write the room names below on the floor plan in exercise 4b, but do not show your partner.
Room G is the Gold Pavilion and Room B is the Study.
- 2 You want to visit the Silk Pavilion and the Dining Room. Ask Student B for directions to these rooms, using the floor plan.

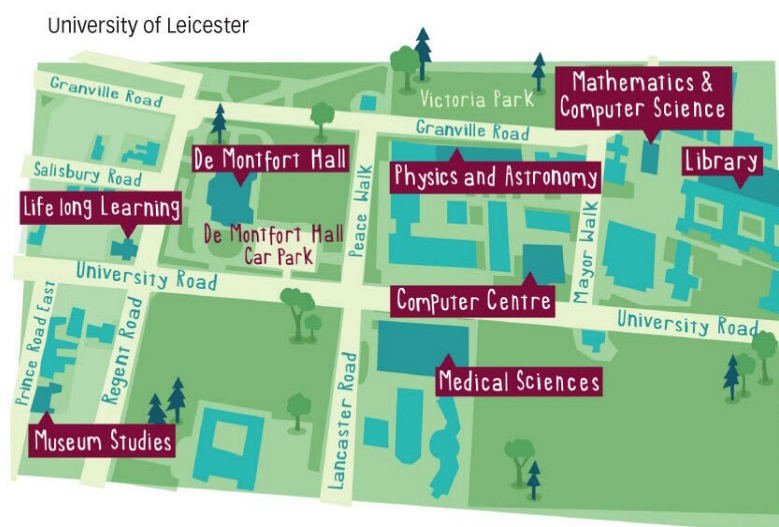
2.4 Student A Exercise 7a

1 Asking for directions around a company

- 1 You are at the reception desk of Silva Holdings. Ask for directions to Room 1027. Listen to the directions and repeat them to check your understanding.
- 2 You are in Room 1027. Ask for directions to the cafeteria. Listen and repeat the directions to check your understanding.

2 Giving directions around a university

You are a student at the University of Leicester. You are outside De Montfort Hall Car Park on University Road. Use the map to give directions to a visitor.



3 Asking for directions around Paris

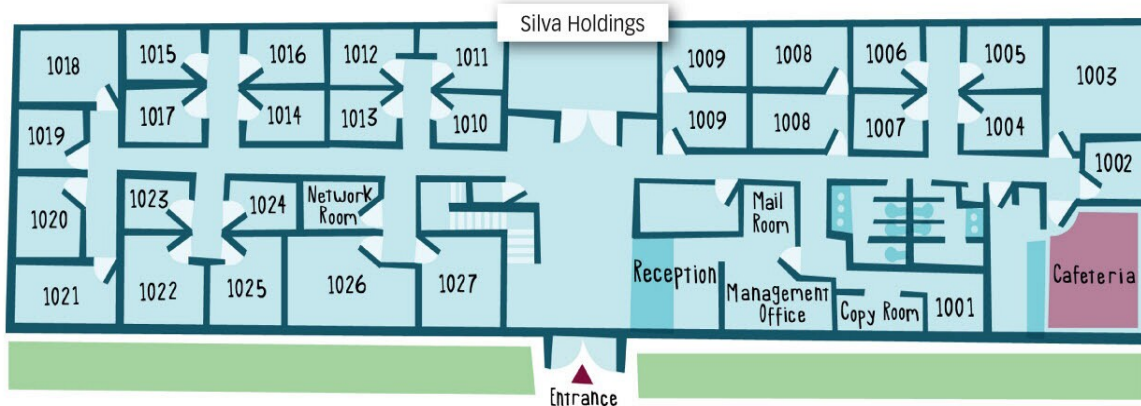
- 1 You are at the Louvre Museum. Ask for directions to the Orsay Museum. Listen and repeat the directions to check your understanding.
- 2 Ask for directions from the Orsay Museum to the Arc de Triomphe. Listen and repeat the directions to check your understanding.

2.4 Student B Exercise 6

- 1 Write the room names below on the floor plan in exercise 4b, but do not show your partner.
Room F is the Silk Pavilion and Room C is the Dining Room.
- 2 You want to visit the Gold Pavilion and the Study. Ask Student A for directions to these rooms, using the floor plan.

2.4 Student B Exercise 7a

- 1 Giving directions around a company
 - 1 You are the receptionist at Silva Holdings. Use the map to give directions to room 1027.
 - 2 You are at a meeting in room 1027. Use the map to give directions to the cafeteria.



- 2 Asking for directions around a university
 - 1 Ask for directions to the Medical Sciences Building on University Road. Listen and repeat the directions to check your understanding.
 - 2 Ask for directions to the Computer Centre on Mayor Walk. Listen and repeat the directions to check your understanding.

- 3 Giving directions around Paris

Use the map to give directions to the places Student A wants to visit.

 - 1 Start at the Louvre Museum.
 - 2 Start at the Orsay Museum.



Audioscripts

Unit 1 Time

1.4 »

P Hello and welcome to *Great Books of Our Time*. Today, we're talking about the book, *What I Talk About When I Talk About Running* by Japanese novelist, Haruki Murakami. Here to tell us all about it is this week's reviewer, Maria Corbett. Maria, thanks for joining us today.

M My pleasure.

P So Maria, what's this book about?

M Well, it's about running, but it's also about Murakami's life. He talks about why running and writing are important to him.

P And why is running important to him? Why does he run?

M Well, it's certainly about keeping fit, but, er, it's more than just that. For Murakami, and I suppose for many runners, it's often about getting better at something. He says he doesn't really enjoy team sports, you know, playing soccer or baseball, because he's never worried about beating other people. He prefers to go for a run and achieve his own goals.

P How did he start running?

M Well, he had a jazz bar in Tokyo, but he sold it in 1982 and became a writer. At the same time, he started running, and a year later he completed a race from Athens to Marathon in Greece.

P And how often does he go running?

M In the book, he says he runs most days. He usually has one day off a week, but he does 36 miles every week.

P Phew, that's amazing! And does he do any other sports?

M Well, he does triathlons – that's swimming, cycling and running – but he likes running best. He does at least one marathon every year.

P Ah, so he spends quite a lot of time on his own when he's running. Does he get lots of ideas for his books? Does he think about work?

M Well, no, not really. He says he sometimes thinks about the weather, and he occasionally gets an idea for a book. Actually, he says he usually doesn't think about anything – he just runs. Oh, and he nearly always listens to rock music!

1.7 »

1 Faisal from Dubai

Winter's my favourite season. In summer it's too hot to enjoy outdoor activities. But in winter the temperature is really mild and pleasant – perfect for walks and picnics in the desert, or in the city's beautiful parks.

Also, the sea's wonderful in the winter. I'm not keen on swimming in the sea in the summer. The water's too warm and there are sea snakes and other nasty animals. In winter it's safer and fresher. My favourite winter activity is fishing. I really love catching fish in the sea and then cooking them on a barbecue on the beach.

2 Marek from Alberta

I love autumn, when the days are sunny but cool. I'm really interested in photography and autumn's a great time for that as the leaves are a beautiful golden colour. In late autumn we get our first snowfalls and the snow looks amazing against the bright blue skies. Also, I'm really into watching ice hockey and autumn is when the new ice hockey season starts. The only problem with autumn is that it comes before winter, and our winters are so long and cold. I don't mind cold weather, but when the temperature goes down to 35 below zero, well, that's another story!!

3 Gina from Rio de Janeiro

My favourite season here in Rio is summer. I'm an English teacher, so I have long summer holidays when I can relax and spend time with my children. To be honest, I prefer spring weather to summer weather.

Summers here are extremely hot and humid. We get a lot of thunderstorms then too, but actually I quite like watching storms. Another thing I love is New Year's Eve, which of course is in the middle of summer here. There's an amazing firework display on the beach. I don't go down there because I can't stand large crowds, but we have a great view from our apartment.

Unit 2 Inside outside

2.3 »

P Good morning and welcome to the show. Today, we're talking to three very different people about their work outside in the street Edgar Müller, an amazing 3D pavement artist, Laxman Rao, a tea-seller, and Harry Bakewell, a street cleaner. So, first of all, Edgar, why do you think 3D pavement art is so popular nowadays?

E The art happens outside, so people can enjoy the art on their way to work – they don't have to go to art galleries or museums to see it. They love getting close to the art and exploring it.

P Your painting, *Ice Age*, was 330 square metres and broke a world record. Why do you do such huge paintings?

E Well, er, I want to change how the street looks.

P Hmm ... but why's that important?

E Because I'm interested in the way people see the world: people watch and ask questions when I'm working. Also, I want them to walk on the paintings, become part of the art.

P Laxman Rao is a tea-seller and a writer in New Delhi, India. So Laxman, please tell me about your work.

L Well, every day I serve tea at a stall in central Delhi – it's crowded and noisy, but my job for the last twenty years! I also write novels and plays in Hindi, India's national language.

P Uh-huh, but why does a writer have to sell tea?

L Well, actually, I'm the writer, publisher and the salesman! Before I never made enough money from my books, but I think my luck is changing now.

P Oh really? Why's that?

L Well, more and more people are reading books and newspapers in Hindi these days. Did you know it's the third most spoken language in the world? And one of my novels is selling well, so ...

P Finally, Harry Bakewell is a street cleaner from London in England. Good morning, Harry. Could you tell us a little bit about your job now? Do you work alone?

H Yeah, I do, but I work in a very lively neighbourhood and I know everyone, so it's fine. There's plenty to do and all kinds of people to chat to, so it's never dull! I have to be careful though, because every now and then, my boss checks my work and I get in trouble if I'm chatting or drinking tea when he arrives!

P And what hours are you working today?

H Well, er, today I'm working from 7 a.m. to 3 p.m.

P And how do you find this work?

H Well, er, I work in a pedestrian area near the city centre, and we do have a huge problem with rubbish so it's hard work, but I prefer working outdoors and I'm not embarrassed about my job. The people who drop their rubbish on the pavement instead of putting it in the bin should be embarrassed, not me!

2.6 »

I The house where we're staying is huge. I suppose they always say things are much bigger in the States, don't they? They have some beautiful things. I love all the candles in the bathroom and the soft, white towels – oh, and the Egyptian cotton sheets on the bed are wonderful! It's a really lovely place, but I'm still missing certain things from home,

such as my own bed and even my duvet! Also, one thing which I don't like – they don't have a proper cooker, just a microwave oven. Hard to believe in such a big place, and a bit disappointing for me, as I love cooking. Another thing which surprises me is that they don't have any mirrors – very strange!

2 I'm staying at my friend's flat for a couple of months – looking after it whilst he's away. It's really modern and I absolutely love the bathroom! The wash basin looks like a sheet of paper, and, at first, I couldn't even work the taps! There are no carpets, just white rugs everywhere. I don't really like them because I'm so worried about spilling something – especially as I can't find his cleaning stuff, not even a cloth or a dustpan and brush! It's my first experience of house-sitting and I'm finding it quite hard to relax. My friend doesn't have much stuff at all, but I'm the opposite: I have loads of stuff and I miss all my things. Also, there's nowhere to put my clothes – no wardrobe or chest of drawers in the bedroom. I'm quite surprised about that.

3 I'm enjoying living with friends, and the room here is OK. I mean, it has all the basics – you know, a bed, a desk, bookshelves and a wash basin. But I honestly can't believe how much I'm missing home! I really hate not having my own washing machine, dishwasher and fridge! I also miss our big, comfortable sofa and satellite TV with all the channels. It's surprising because I never usually think about these things, but now I can't wait to go home for Christmas!

2.7 »

E How do you find city life then, Mike?

M Oh, well, I've only been here for a few weeks. But to be honest, I'm not enjoying it at all.

E How come?

M I think it's because I'm from a small town in the country, but I just can't get used to it. Everybody's so rude!

E How do you mean?

M Well, for example, nobody's ever on time for anything. I was at a business meeting last week and three of the six people were late!

E That's because public transport here is so rubbish. I was on the way to the city centre yesterday and the tram just stopped for half an hour. That's life.

M But it's crazy. There are so many people who come here on business, but if you can't get to your appointments on time, you'll go somewhere else to do business. And another thing – I always get lost. This city's like a maze.

E But you've got a smartphone. If you get lost, you just look it up on the internet. Come on, Mike, maybe you come from the country, but you know how to use a smartphone!

M And the tourists! You can't move. I was in Bath Street the other day, trying to get to a business appointment. All the tourists and shoppers – I was blocked. I really don't understand why they come here on holiday.

E Probably because of all the great museums, art galleries and shops! I love all the people here, all the different nationalities, all the buzz ...

M The buzz?

E Yes, I feel excited all the time. I love it!

2.8 »

T Excuse me, do you speak English?

M Er, yes.

T Sorry, please could you tell me how to get to the Jim Thompson House?

M Yeah, sure. Er ... Let me see. You go straight along this road, you'll see the MBK shopping centre on the left. Go past that and keep going until you reach a crossroads. At the crossroads, turn left down Rama 1 Road, then, er, take the second right. Just

go down that street and it's the building with flags outside on the left. There's a sign outside anyway.

T OK, so it's left at the crossroads? Is that right?

M Yes, that's right, then the second right.

T And it's the building on the left?

M Yeah.

T And, er, is it far?

M No, er, it takes about ten minutes, I should think.

T OK, thanks very much.

2.9 »

T Excuse me, is this the right way to the library?

G Yes, well, you're on the terrace now, so you need to go through the drawing room and cross the garden. It's in the corner on the left by reception. You know - where you come in.

T So I need to go through the drawing room, cross the garden and it's next to reception?

G Yes, that's right. You can't miss it.

T Thank you.

Unit 3 Going up, going down

3.1 »

Hello, and welcome to *Making History*, the programme where we look back at human achievements that have changed history. And it was on October the fourteenth 2012, that Felix Baumgartner, a pilot from Austria, made history when he became the first person to go faster than the speed of sound. Eight million people watched live on YouTube as Baumgartner made the amazing jump out of a balloon from a height of 38 kilometres above the Earth.

Baumgartner's journey started at 3.16 p.m., when the large balloon slowly lifted him up into space. As he went up, he tweeted from his phone: 'Live from space! World, you are beautiful!'

At 5.37 p.m. it was time to jump. He slowly moved out of the capsule. He sat still and looked down for a few seconds. He didn't think about the beautiful view or breaking the speed record. He had only one thought: 'I want to get home alive.' Then he jumped. But immediately something went wrong. He fell too fast and he suddenly started to turn round and round. The rest of his skydiving team saw this on their computer screens and were worried he was in terrible danger. Luckily, he got into the correct diving position quickly, with head down and arms out behind him - like Superman.

When Baumgartner's parachute finally opened and he floated down towards the desert in New Mexico, everybody shouted and jumped up and down. They were so pleased he was safe. His mother cried with happiness.

Baumgartner landed on his feet. He was so happy to be safe that he fell down on his knees.

A few days later, he told a TV reporter his next goal was 'to go faster than the speed of light'. It was a joke, of course.

3.5 »

1 Come ON ... Traffic lights ... TURN GREEN ...
Come ON ... I'm going to be so late for my meeting!
2 David! Look! Those cows ... They're ... They're coming ... They're coming towards us! Run!
3 Oh no! I don't believe it! The restaurant's closed. Now where are we going to go?

4 Well, here I am ... on my own in a foreign country. I miss my friends and family so much. I know I can Skype them, but it's not the same.

5 Good evening ladies and gentlemen, and welcome to ... oops ... that's my phone ... I'm so sorry!

6 Yes! I'm on holiday! No more work for two whole weeks!

7 Oh dear. It was Jake's birthday yesterday and I completely forgot! I didn't ring him or anything. Now I feel really bad!

8 I can't speak now. I've a job interview in five minutes. Argh! Wish me good luck. I really need it!

3.8 »

1 Was it raining when you went out this morning?

2 What were the other students doing when you came to class today?

3 What was happening when you got home yesterday?

4 What were you doing this time last week?

5 Where were you working or studying five years ago?

3.10 »

1 behind me	7 second time
2 first floor	8 stand back
3 next stop	9 cold morning
4 don't look	10 World Cup
5 fastest lift	11 I found this
6 old people	12 lift going up

3.11 »

1 opposite corner	5 look at the floor
2 act normally	6 immediately
3 third person	7 quietly
4 next time	8 make contact with

3.12 »

P Many of us use lifts several times a day without really thinking about it. But if you watch what people do in lifts, you'll see some very interesting behaviour. Here to tell us more is psychologist, Dr Len Mills.

L Yes, that's right. Lifts are very interesting social spaces. When we're alone in a lift, we act normally. But when another person comes in, suddenly we behave strangely. Next time you're in a lift, watch where people stand. If there are two people, you stand in opposite corners. If a third person enters, you change position quickly and make a triangle. Four people and you make a square, with one person in each corner. A fifth person will probably stand in the middle.

3.13 »

L Now watch what people do. Some people say hello politely or smile. Others don't. But everybody turns around as soon as they enter the lift. Some people look at the door, the floor or at the lift buttons. Others look at their phones, their hands or their ring. But they never make eye contact with the other people. When two people come in at the same time, they stop their conversation or start speaking quietly. The reason why we do this is that when we are in small spaces, we feel anxious and we act in a way that stops other people feeling nervous. That's why we don't stand near people, look at or speak to each other.

3.14 »

R A funny thing happened this morning. I was on the train on my way to work and there was this young woman sitting on the seat opposite me. She was dressed quite smartly; she was obviously travelling to work too. It was quite a hot day, so she wasn't wearing a jacket - she was just wearing a white blouse and a skirt. So, anyway, I was feeling a bit thirsty so I got some juice out of my bag. It was one of those little cartons of juice that comes with a little straw. I was drinking it - and it was a blackcurrant fruit juice, a kind of dark purple colour ... Anyway, I don't know how this happened, but suddenly the straw just jumped out of my mouth and a little stream of purple juice flew up in the air and landed on the woman's white shirt!

F Oh no!

R I said 'Oh, I'm so sorry!' She didn't say anything. She just looked at me angrily.

F Really!

R Everybody was looking at us. I was so embarrassed! M I had a bad experience last year, when I was flying back home to Mexico City from Hong Kong. We were just going to land. We were flying over the city. It was a beautiful clear morning. The sun was shining and I was looking out my window and enjoying the view. So, anyway, we were just beginning to land - the wheels were just touching the ground, when suddenly the plane took off again over the sea.

M You're joking!

M Yes. I was really scared, to be honest.

M So then what happened?

M Well, it flew over the sea for a minute or two. We didn't know what was happening and then the pilot made an announcement. A plane was stuck in the middle of the runway and he needed to avoid it.

M Oh, right.

M So, it was all OK in the end!

Unit 4 Changes and challenges

4.1 »

Today, I'm going to spend 24 hours without the internet. Usually, before I go to bed, I check Instagram, Twitter, Facebook, my email and the weather and my calendar for the next day! I never completely switch off and stop thinking about work. When I get up, I always look at my phone, and then go online and read the news. Most of my social life is online too, so I think I'm going to find it really hard.

Social media is very important for my job. Usually, I take photos of what I'm wearing, post them online, count the 'likes' and read people's comments. I can't do that today. So this morning I'm visiting a fashion show with colleagues, then I'm meeting a friend for lunch at one o'clock. I'm going to look through some magazines this afternoon, and hopefully get ideas for a new post. Then I plan to finish work early today. I'm going to see my sister later on, and perhaps have an early night.

So now it's ten o'clock in the evening. Well, I can't lie, I'm really looking forward to being back online tomorrow! I missed social media so much at work, but I do feel differently about it now. I felt so much more relaxed today and really liked spending more time with family and friends, having interesting conversations with colleagues, and a bit more time for myself. So, in future, I'm going to change a few things and think more carefully about my internet use. I'm not going to deal with work emails outside work, I'm not going to waste as much time online and I'm not going to check my phone all the time!

4.2 »

S Hello.

L Hi Sophie, it's Lucas.

S Lucas, I haven't spoken to you for ages! How are you?

L Very well, thanks. And you?

S Yeah, fine too, thanks. What a lovely surprise!

L Well, I'm calling because I'm organizing a school reunion on the 14th of July next year. Are you interested?

S Yeah, it'd be great to see everyone again! Where are you having the party?

L Well, I'm not sure yet. I've made a few appointments and I'm visiting three hotels next week. I'm going to take some photos and post them on the reunion website, so everyone can vote which they like best.

S Oh, that's a good idea. And have you got any other plans?

L Yeah, I'm going to book a live band for the evening, but I haven't done that yet.

S Uh-huh, sounds great! And how did you find everyone?

L Well, it's much easier these days with the internet. I found a lot of people through Facebook. In fact, a few of us are meeting next Saturday at seven thirty if you're free?

S Yeah, sounds great!

4.10 »

M I think this 30-day challenge idea is great. I'm definitely going to try it.

D Me, too. So, what are you going to do first?

M I'm going to walk 10,000 steps a day.

D Good idea. So, how are you going to do it?

M Well, when I go out to the shops, I'm going to walk, not drive. I'm going to take the stairs instead of the elevator and, twice a week, I'm going to walk to work, not get the bus.

D Are you going to get one of those little things which count your steps?

M A pedometer? Well, actually, I've got an app on my phone that does that.

D Was it a free app?

M Yeah. You just put it in your pocket and it counts your steps.

D Excellent. Well, good luck.

M Thanks. So, what about you? What's your first challenge?